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HIV risk still highest for gay, bi men

Annual report. Young gay men report highest level of stigma: Provincial health officer

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B.C. provincial health officer Dr. Perry Kendall releases the findings of his annual report to media in Vancouver Monday. MATT KIELTYKA/METRO

Gay and bisexual men remain the highest risk — and most ignored — group for new cases of HIV/AIDS in British Columbia, according to a new report.

Provincial Health Officer Dr. Perry Kendall released his annual report on HIV in Vancouver on Monday, finding that the sub-population of gay and bisexual men is "over-represented" in new HIV diagnoses.

In 2011, gay and bisexual men comprised 57 per cent of all new infections and 45 per cent of all people living with HIV in B.C.

"HIV prevention and intervention for gay and bisexual men should be a priority," said Kendall. "Looking at the overall trends in HIV, we can see a significant overall decrease in British Columbia in the past decade, but really only very small changes in new recorded HIV infections in gay and bisexual men. They continue to bear a disproportionate burden."

And the outcomes are not looking better for younger men (those born after 1980) despite an increased societal awareness of the risks.

"If these patterns do not change, it's likely this generation will have a similar HIV prevalence to older generations by the time they're in their 40s to 60s."

Surprisingly, the report found that young gay men feel more stigmatized and marginalized than their older counterparts.

That marginalization leads to poorer health outcomes and more risky behaviour, according to Kendall.

"It's rather sad to see that it's the youngest cohort who are reporting the highest level of stigma," said Kendall. "This (comes) despite what I thought was considerable progress trying to de-stigmatize and bring society up to acceptance and rational, ethical behaviour."

Despite the evidence, Kendall said gay and bisexual men are underserved when it comes to prevention and research.

"Less than 10 per cent of the Canadian Institutes for Health Research grant budget for HIV prevention is targeting gay and bisexual men," he said. "So that's a population where 50 per cent of the current burden is getting less than 10 per cent of the current research, which I think suggests an under-investment in looking at and understanding prevention in this community."

Theories that gay men don't practice safe sex have little merit, said Kendall.

In fact, condom use and safe sex practice is higher among gay men than the heterosexual population.

"The reality is it's a lot more complex than saying if people just had safe sex, they would not be at risk," said Kendall.

Vancouver Coastal Health chief medical health officer Dr. Patricia Daly agrees.

"The real power of the report is that it reminds us that to improve the health of gay and bisexual men in B.C., we can't focus only on the disease but we need to focus on the people and the communities in which they live," she said.

The report makes six priority recommendations for immediate action, including developing a provincial health strategy for gay and bisexual men, increased sexual education at schools and improving access to HIV diagnosis, treatment and support.

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First promise

NPA promises free Wi-Fi for all

One of NPA mayoral candidate Kirk LaPointe's first promises for mayor is free Wi-Fi across the city.

"First for neighbourhoods that can least afford and most need it, then across the city and into the business district," LaPointe said as he announced his candidacy.

But if that has a familiar ring to it, it's because it's not the first time the NPA has tried to boost Internet connectivity.

Discussions about free Wi-Fi started in 2005. In 2006, the NPA council asked staff to investigate such infrastructure, but the idea was ultimately rejected in 2008.

But Vision Vancouver has moved forward with the idea. Its digital strategy aims to institute free public Wi-Fi in hot spots such as Granville Street or beaches by 2016.

EMILY JACKSON/METRO

First attack

Vision blasts NPA's silence on pipeline decision

Vision Vancouver adamantly opposes the expansion of the Kinder Morgan pipeline and immediately set to attack the NPA's Kirk LaPointe for not taking a clear stance on the issue when asked Monday.

"The only thing (the NPA) won't vote against is Kinder Morgan's plans to bring more oil tankers into our local waters," Vision Vancouver Coun. Heather Deal said in a statement.

EMILY JACKSON/METRO

UBC prof LaPointe running for mayor

Non-Partisan Association. Former journalist promises open government

EMILY JACKSON
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The Non-Partisan Association has chosen former journalist and UBC professor Kirk LaPointe as the mayoral candidate to lead its charge to oust the ruling Vision Vancouver party in the November civic election.

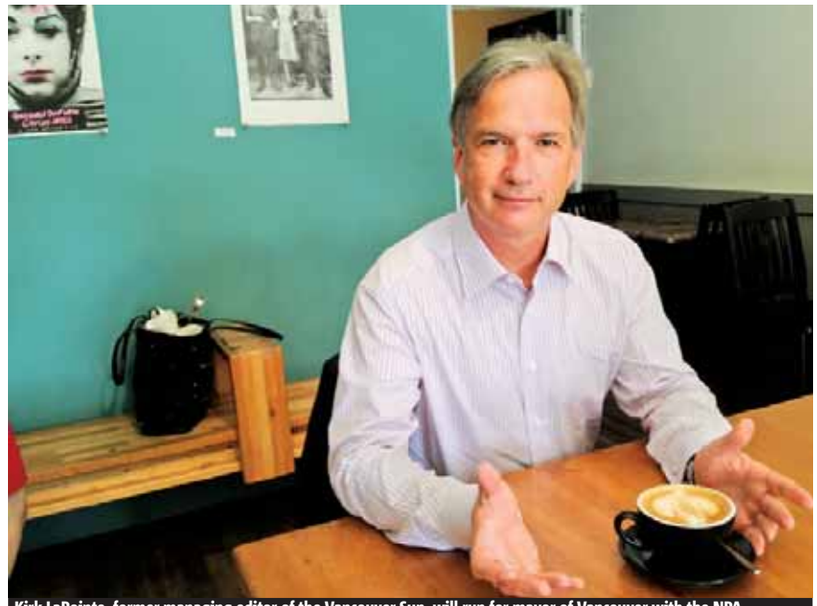
Despite representing a party that received a single donation of $960,000 in the last election and has been characterized by Mayor Gregor Robertson as a group of "angry old men," LaPointe positioned himself as the underdog, as he announced his first foray into the political arena at a news conference Monday.

"I think being an outsider is a good thing at this time," he said, adding he was in a "pretty good mood."

His first order of business will be to restore trust and boost transparency at city hall, he said.

"We will create the most open government of any in Canada," he said, challenging Robertson to open the books and release a line-by-line budget.

He also pledged to run a clean campaign free of personal attacks, a week after Robertson reported his separation from his wife and accused the NPA of perpetuating rumours of an affair.



Kirk LaPointe, former managing editor of the Vancouver Sun, will run for mayor of Vancouver with the NPA.
EMILY JACKSON/METRO

A new approach

"I think being an outsider is a good thing at this time."

NPA mayoral candidate Kirk LaPointe

If any of the NPA candidates delves into "gutter politics," LaPointe said, he will resign.

The NPA is not the party that has been "vilified" by the mayor and will put forward progressive policies, LaPointe said.

Free Wi-Fi, a freeze on taxes, efforts to reduce break and enters, and an "end to the politics of division between cyclists and motorists" are some of his pledges.

But Vision Vancouver was quick to associate LaPointe with the NPA's decisions over the past three years.

"LaPointe's NPA voted against the city's plan to address homelessness, against what we've done to support affordable housing, and don't support the Broadway Subway line," Coun. Heather Deal said in a statement.

"Vancouver can't risk going backwards with the NPA. We look forward to a debate over that clear choice in this election, between Mayor Robertson and Vision Vancouver's plan to move Vancouver forward, or Kirk Lapointe's NPA."

LaPointe, who does not live in Vancouver ("I don't find it very affordable") but instead on the UBC campus, is married with three children.

LaPointe was raised by a single mother and grew up in poverty in Toronto. He doesn't know who his father is. His upbringing has shaped his worldview, he said.

"I know the value of money," he said.

Residents take heed.
Heat wave prompts bad air quality advisory

As a heat wave continues to take hold of the region, Metro Vancouver has issued an air quality advisory for eastern parts of Greater Vancouver and the Fraser Valley.

High concentrations of ground-level ozone are expected to persist for a few days until the weather changes, and the agency is asking people to avoid strenuous outdoor activities during the mid-afternoon, when ozone levels are highest.

Infants, the elderly and people with underlying medical conditions such as lung or heart disease and asthma are especially at risk, they said.

Allan Coldwells, meteorologist for Environment Canada, said air quality issues are common during heat waves when high-ridge patterns build with a relatively stagnant air mass.

"Because there's not a lot of movement in the air mass, you get a lot of buildup of the ground-level ozone," he said.

Metro Vancouver is asking anyone that experiences chest discomfort, shortness of breath, coughing or wheezing to follow the advice of their health-care professional and to stay indoors in air-conditioned spaces.

THANDI FLETCHER/METRO

Got what it takes?
Bride posts Craigslist ad for bridesmaids

If you're attractive — but not too attractive — you might be eligible for a summer gig that involves a fancy dress and a walk down the aisle.

A Vancouver bride wants to hire five bridesmaids for $20 per hour, free food and free drinks, according to a Craigslist ad posted Saturday.

She already has one bridesmaid, but needs five more because the "really popular" groom has six groomsmen and the bride wants the pictures to have an even number on both sides.

The bride will buy the bridesmaids dresses so long as the women are aged 27 to 33, stand five-foot to five-foot-five-and are smaller than a size 6.

Other requirements include an agreeable personality, a respectable family and a willingness to appear at all events between Aug. 24 and 30 and memorize information about the bride.

Must-haves include skills such as a "good liar and actor" and being "attractive but not too attractive."

Potential candidates preferably speak Punjabi and are much more likely to get an interview if they send a photo.

EMILY JACKSON/METRO

Oil pipeline

Northern Gateway nod faces more legal issues

Two more legal challenges have been filed against the federal government's approval of the Northern Gateway oil pipeline, with more expected.

As the 15-day deadline closed, the Heiltsuk and the Kitasoo-Xaixais added their names to a list of groups that want the Federal Court of Appeal to review the cabinet decision. THE CANADIAN PRESS

A man soaks up the sunshine as he lies on a paddleboard floating on False Creek in Vancouver on Sunday. DARRYL DYCK/THE CANADIAN PRESS

I love Vancouver in the summer, when it sizzles

'It's quite something'.
Record-breaking heat wave takes over

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Sunday's sweltering weather was one for the books with at least a dozen decades-old temperature records shattered in communities across British Columbia, according to Environment Canada.

Allan Coldwells, meteorologist for the agency, said three cities within Metro Vancouver saw record-breaking temperatures in the low to mid 30s, while communities in the B.C. interior saw all-time highs in the low 40s, breaking records that were last set in 1961.

"It's quite something," said Coldwells. "We're seeing records broken by one to two degrees, which is fairly significant."

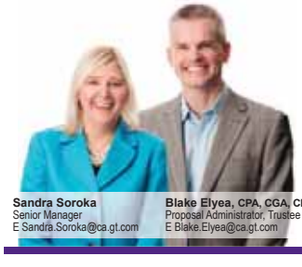
Pitt Meadows, Chilliwack and West Vancouver reached highs of 34 C, 34.5 C and 32 C, respectively, while Abbotsford was 0.3 C shy of breaking its record at 33 C.

Lytton was the hottest spot in the province Sunday, where the mercury rose to a sweltering 41.1 C, breaking its previous record of 40 C set in 1961.

Meanwhile, Kamloops reached a high of 40.3 C, which broke the previous record of 39.4 C in 1961, while Kelowna saw a high of 36.9 C, just barely breaking the previous record of 36.7 C from 1955. Osoyoos reached a sweltering 40 C, shattering the previous record of 37.7 C, set in 1996, while Lillooet reached 40.6 C, up nearly one degree from the 2012 record of 39.7 C.

Coldwells said the spell of warm weather is the result of a high-pressure ridge anchored off the west coast of North America that is expected to continue building in the coming days.

Some light showers in parts of Metro Vancouver on Sunday night brought a slight drop in temperatures on Monday, but Coldwells said the mercury is expected to continue to rise in the Interior with more records expected to break later this week.



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Health officer against new speed limits

B.C. highway changes.
Dr. Perry Kendall says recent increase to 120 km/h could cause speeding and fatalities

British Columbia's health officer believes new highway speed limits could increase the number of deaths on the province's roads.

Dr. Perry Kendall and senior executives and doctors of many of the province's health authorities are speaking out against the government's decision earlier this month to increase the speed limit on 35 sections of highway.

"Most of the literature in North America would suggest that increasing the speed limits causes people to drive faster and there are, unfortunately, more crashes and accidents," Kendall said.

"We are concerned that increasing the speed limits — even though it's only on about 14 per cent of British Columbia's roads — has the possibility of increasing speeding."

Under the new laws, speed limits along some sections of highway have been increased by 10 km/h to a maximum of 120 km/h.

Kendall said part of the rationale is that drivers are typically driving 10 km/h faster than the posted limits.

"But if you raise the speed limit to 120, does this mean that people will assume the safe speed limit is now 130?" he asked.

"Mature drivers may be able to handle that very well. But the burden is on younger and more inexperienced drivers who aren't capable of managing the cars at those speeds.

"This is one of those occasions where I hope I am wrong and that my colleagues are wrong, but the literature would suggest that this does carry a risk of increasing fatalities and injuries."

Physicians are, however, lauding other parts of the government's Rural Highway Safety and Speed Review that impose variable speed limits depending on conditions, revise winter-tire regulations, add more rumble strips and increase awareness and monitoring of wild animals on roads.

MATT KIELTYKA/METRO

Doctors are warning that recent increases to speed limits on B.C. highways could cause more deaths and injuries. METRO FILE

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South Granville

Man arrested over daytime gold heist

One man is in jail after a daytime gold heist at an art gallery in South Granville, police said.

A thief smashed display cabinets and snatched an undisclosed amount of gold from the Douglas Reynolds Gallery at Granville Street and West 7th Avenue just after 1 p.m., according to Vancouver police.

He fled the scene in a waiting getaway car. Police located the car and arrested its lone occupant "moments later," Sgt. Randy Fincham said in a statement. Police continue to investigate as they believe a second person was involved. METRO

Hives for Humanity

Honeybee program adding a little buzz to the city

Beekeepers and a developer have teamed up on a sweet idea they hope will add buzz to the streets of Vancouver.

A 540-square-metre community garden owned by the developer Amacon near Chinatown has become the city's latest pollinator sanctuary and is now home to two honeybee hives.

Melissa Howey of Amacon says the non-profit group Hives for Humanity is helping to beautify the space and that the gardens will now be home to free, Monday-night beekeeping workshops.

THE CANADIAN PRESS

Marpole Railway Bridge

CP police looking for info after 'suspicious' fire

Canadian Pacific police are asking for the public's help identifying the person responsible for a suspicious fire that engulfed the CP Marpole Railway Bridge last Wednesday.

The massive blaze started at about 4:45 p.m. when the base of the railway bridge caught fire on the Vancouver shoreline and spread to the bridge deck, sending a plume of thick, black smoke into the sky above the nearby Oak Street Bridge, according to CP police.

It took more than 40 firefighters to bring the blaze under control.

THANDI FLETCHER/METRO

Company hopes third time's the charm for foot-passenger ferry

Nanaimo-Vancouver. Two similar operations have tried and failed to operate similar service between the two cities

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A proposed foot-passenger-only ferry service between downtown Vancouver and Nanaimo is one step closer to setting sail.

Nanaimo councillors were expected to approve at Monday evening's council meeting a long-term lease to allow the Island Ferry Service to build a terminal building on city-owned land where the company will run its proposed fast-ferry service.

"We're focused now on getting the service up and running," said David Marshall, director of operations for Island Ferries, adding that Monday's council vote is "pretty well automatic."

When it starts operating, Island Ferries' two catamaran ships will be able to travel from Nanaimo to downtown Vancouver's SeaBus terminal in 68 minutes.

Fares haven't yet been finalized, but Marshall expects walk-on passengers to pay about $31 one way, while the company will also offer competitive rates for commuters, groups and seniors, as well as last-minute seat sales.

"We'd rather sell a seat for $10 than have it go empty," he said.

The company is the third since the early 1990s that has attempted to operate a foot-passenger ferry service between the two cities.

One of two catamaran boats that will be used for a proposed Nanaimo-Vancouver foot-passenger-only ferry.
COURTESY ISLAND FERRY SERVICES

In 2006, a similar operation run by HarbourLynx shut down operations for financial reasons. The Royal SeaLink Express, another private company that started in 1992, also ceased operations soon after starting.

Marshall said Island Ferries has taken all precautionary steps to ensure its venture is more successful than its predecessors.

Bill McKay, former operations manager for HarbourLynx, who is now a Nanaimo city councillor, said he expects Island Ferries will boost tourism significantly for the Vancouver Island community, especially for people looking to retire early and commute to Vancouver.

"As far as economic generation for Nanaimo, this thing could be bigger than coal," McKay said.

If passed, Island Ferries' lease will come into effect Oct. 1 and will require the company to begin operating by March 31 next year. Asked what would happen if the company doesn't meet that deadline, Marshall said he wouldn't "even go there."

"We're pretty confident and we're also pretty tenacious," he said.

Accused in Surrey Six trial facing more charges

An alleged gang leader already accused in a high-profile murder case in B.C. is facing new allegations that he attempted to convince someone to kill a member of the same gang, according to a court document.

The new charges against Jamie Bacon were revealed Monday, just as the trial for two men involving the October 2007 murders of six people in Surrey, B.C., wrapped up in Vancouver. Bacon is awaiting trial in the same case.

Bacon was in court for his first appearance on three charges, including counselling someone to commit murder, as well as two other charges related to acting for the benefit of a criminal organization.

An indictment filed with the court identified the alleged target as a man who has figured prominently in the ongoing murder trial. The man, whose name is covered by a publication ban in the Surrey case and can only be referred to as Person X, pleaded guilty in April 2009 to three counts of second-degree murder and is serving a life sentence.

The indictment alleges Bacon counselled another man to murder Person X, sometime between Nov. 30, 2008, and Jan. 2, 2009. The indictment notes that the murder did not occur.

Person X was expected to testify against Cody Haevischer and Matthew Johnston, each charged with conspiracy and six counts of first-degree murder in the Surrey shooting.

However, the judge in the Haevischer and Johnston trial ruled last year that Person X's evidence was inadmissible for reasons that have never been made public.

Bacon is also charged with conspiracy and one count of first-degree murder in that case. The Crown has suggested Bacon's murder trial could be heard early next year.

As Bacon appeared in court on Monday, Haevischer and Johnston sat in a secure courtroom four floors below for the final day of their trial after nearly 10 months of testimony.

The Crown's theory in the murder trial has been that the leaders of the Red Scorpions gang — Bacon and Michael Le — ordered the execution of a rival drug trafficker, but five others were killed to eliminate potential witnesses.

Le also faced charges in the same murder trial, but pleaded guilty to conspiracy midway through the trial and testified against his former co-accused.

The Crown contends Haevischer, Johnston and Person X carried out the killings.

The trial heard from 73 witnesses, including several former gangsters, and offered a rare inside look inside one of B.C.'s most violent street gangs.

The mass shooting, which is often referred to in local media simply as the "Surrey Six," came to define a bloody gang war that continued for another two years.

B.C. Supreme Court Judge Catherine Wedge said she planned to deliver her verdict Oct. 2. THE CANADIAN PRESS

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San Fermin festival

Bull gores three men in Pamplona

A bull gored two Australians and a Spanish man, spreading panic in a hair-raising final running of the bulls at Spain's San Fermin festival Monday in Pamplona.

There were spine-chilling moments when one bull separated from the pack and charged three runners, pinning them against walls and barriers while trying to gore them.

Five Spaniards were also hospitalized for other injuries. The morning runs are the highlight of the nine-day street-partying festival immortalized in Ernest Hemingway's 1926 novel The Sun Also Rises.

THE ASSOCIATED PRESS

Florida

Two police tied to KKK, report says

A city official says two police officers in Florida are no longer with the department after a law enforcement report tied them to the Ku Klux Klan.

Fruitland Park City Manager Gary La Venia said Monday that Deputy Chief David Borst resigned and Officer George Hunnewell was fired.

La Venia added that the small city, located west of Orlando, has been rocked by the allegations. The accusations surfaced last week in a report from the Florida Department of Law Enforcement based on information from the FBI.

THE ASSOCIATED PRESS

Cost $2 billion to scrap

Costa Concordia off to scrapyard

The shipwrecked Costa Concordia was successfully refloated Monday in preparation to be towed away for scrapping, 30 months after it struck a reef and capsized, killing 32 people.

Floating the Concordia to Genoa, where it will be scrapped, will cost a total of $2 billion US, Costa Crociere CEO Michael Tamm said.

"The operation began well, but it will be completed only when we have finished the transport to Genoa," Italian Environment Minister Gian Luca Galletti told reporters Monday. THE ASSOCIATED PRESS

A memorial cropped up on the front lawn at the Parkhill-area home of Alvin and Kathryn Liknes in Calgary. The couple, along with their five-year-old grandson Nathan O'Brien, went missing two weeks ago. JEREMY NOLAIS/METRO IN CALGARY

Police arrest man, say missing trio murdered

'Glimmer of hope' fades. Calgary police believe five-year-old Nathan O'Brien, Alvin Liknes and wife Kathryn Liknes were killed

Three-year-old Gabriel Potter dropped a bouquet of flowers Monday on a makeshift memorial for Calgary youngster Nathan O'Brien and his grandparents, Alvin and Kathryn Liknes. Any "glimmer of hope" that the missing trio would be found alive appears to have faded.

Young Gabriel had offered in recent days to hop aboard his "Super Thomas" bike and join in the search for five-year-old Nathan, who was last seen with the Likneses at their Parkhill home on June 29.

After two weeks and few clues released publicly, Calgary police said Monday they now believe the three were murdered and expected to lay charges against a suspect, who is from Airdrie, north of Calgary.

The news was heartbreaking for Gabriel's mother, Joscelyn Potter, and millions of others who'd followed the case.

"As parents, you see your child in it and empathize, but you certainly cannot to begin to comprehend what their days must be like," Joscelyn said.

Family members had issued public pleas for the safe return of their loved ones. Now, they will be left to prepare memorials as the search for the bodies of the Liknes couple and young Nathan continued.

"I love my sister; she was a great gal," said Randy Prevost, Kathryn's older brother. "Always a good girl, man, heartwarming. She was always there to help — just that kind of person."

"I think it's safe to say that, even as the days went by, there's always a hope — there's always a glimmer of hope — and, unfortunately, with the laying of the charges, we've taken that hope away from the family," Police Chief Rick Hanson said.

JEREMY NOLAIS WITH FILES FROM ROBSON FLETCHER/METRO IN CALGARY AND THE CANADIAN PRESS

Suspect in custody

Hanson said he couldn't identify the suspect until he'd appeared before a justice of the peace, but family members told Metro they'd learned Monday that Douglas Garland, the lone identified "person of interest" in the investigation, had been re-arrested.

Khadr loses bid to toss convictions

Canada's Omar Khadr has lost his bid to have his war-crimes convictions tossed after the U.S. government argued a previously secret memo that raised questions about the legal underpinnings of his prosecution was irrelevant to his case.

The decision by the military commission appeals court — which has so far refused to hear arguments on the merits of Khadr's appeal — means the former Guantanamo Bay prisoner will have to wait even longer to make his case to a regular American court.

Also Monday, the U.S. Circuit Court of Appeals for the District of Columbia set aside two of three convictions against Ali Hamza al-Bahlul, who did media relations for terrorist mastermind Osama bin Laden.

The court found the military commission did not have the authority to try him for conduct that wasn't considered a war crime before 2006.

Khadr's lawyers have made similar arguments and the military commission appeals court was waiting for the al-Bahlul decision before holding any hearings on the Canadian's appeal.

The Pentagon maintained Khadr had violated long-standing American "common law of war" by taking up hostilities against U.S. forces in Afghanistan. Khadr's lawyers argued a detailed Department of Justice legal memo produced in July 2010 made no mention of any such body of law.

Omar Khadr THE CANADIAN PRESS

THE CANADIAN PRESS

Malala pleads for return of missing girls

The Pakistani teen who survived a Taliban assassination attempt in 2012 marked her 17th birthday Monday with a visit to Nigeria and urged Islamic extremists to free the 219 schoolgirls who were kidnapped there, calling them her "sisters."

Malala Yousafzai, who has become an international symbol for women's rights in the face of hard-line Islam, said Nigeria's president promised to meet for the first time with the abducted girls' parents.

"My birthday wish this year is 'Bring Back Our Girls' now and alive," she said, using the social media slogan that has been picked up around the world to demand freedom for the girls, who were abducted by the extremist group Boko Haram in April from a school in the remote northeast Nigerian town of Chibok.

Malala appealed directly to their captors as she held hands with some of the girls who escaped.

"Lay down your weapons. Release your sisters. Release my sisters. Release the daughters of this nation. Let them be free. They have committed no crime."

Malala met with Nigeria's president, Goodluck Jonathan, on Monday.

THE ASSOCIATED PRESS

Activist Malala Yousafzai, left, poses with Nigerian President Goodluck Jonathan in Abuja, Nigeria on Monday. THE ASSOCIATED PRESS

Palestinians walk on the rubble of a house following an overnight Israeli missile strike in Rafah, southern Gaza Strip. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Israel, Hamas consider plan for ceasefire

Proposed by Egypt. Would lead to opening of Gaza's border crossings, talks in Cairo between two sides

Egypt presented a ceasefire plan Monday to end a week of heavy fighting between Israel and Hamas militants in the Gaza Strip that has left at least 185 people dead, and both sides said they were seriously considering the proposal.

The late-night offer by Egypt marked the first sign of a breakthrough in international efforts to end the conflict.

Hamas' top leader in Gaza confirmed there was "diplomatic movement," while Israel's policy-making Security Cabinet was set to discuss the proposal early Tuesday.

Egypt's Foreign Ministry announced the three-step plan starting at 9 a.m. (0600 GMT, 11 p.m. Monday PDT) with a ceasefire to go into effect within 12 hours of "unconditional acceptance" by the two sides. That would be followed by the opening of Gaza's border crossings and talks in Cairo between the sides within two days, according to the statement.

THE ASSOCIATED PRESS

Placards lie on the ground in Beirut after a protest against the Israeli offensive in Gaza, on Monday. HUSSEIN MALLA/ THE ASSOCIATED PRESS

Analysis

Hamas sends first drone into Israel

A Hamas drone launched Monday into Israel marked the Islamic militant group's latest effort to catch the Israeli military off-guard. But like the others, it had little impact on the battlefield.

Israel shot down the drone. It was the first time Hamas has launched a drone into Israel, though military officials say they knew the group has had the technology for some time.

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Could you be allergic to your iPad?

Itchy and scratchy show. Apple's tablet computer and other tech devices may contain nickel, leading to a rash for those with an allergy

Unexplained rash? Check your iPad. It turns out the popular tablet computer may contain nickel, one of the most common allergy-inducing metals.

Recent reports in medical journals detail nickel allergies from a variety of personal electronic devices, including laptops and cellphones. But it was an Apple iPad that caused an itchy body rash in an 11-year-old boy recently treated at a San Diego hospital, according to a report in Monday's Pediatrics.

Nickel rashes aren't life-threatening but they can be very uncomfortable and may require treatment with steroids and antibiotics if the skin eruptions become infected, said Dr. Sharon Jacob, a dermatologist at Rady Children's Hospital, where the boy was treated. Jacob, who co-wrote the report, said the young patient had to miss school because of the rash.

The boy discussed in the Pediatrics report had a common skin condition that causes scaly patches but developed a different rash all over his body that didn't respond to usual treatment. Skin testing showed he had a nickel allergy, and doctors traced it to an iPad his family had bought in 2010.

Doctors tested the device and detected a chemical found in nickel in the iPad's outside coating.

"He used the iPad daily," Jacob said. He got better after putting it in a protective case, she said.

Whether all iPad models and other Apple devices contain nickel is uncertain; Apple spokesman Chris Gaither said the company had no comment.

Microsoft also declined to comment on whether its devices contain nickel, said spokeswoman Ryan Bartholomew.

THE ASSOCIATED PRESS

Let's hope this person about to touch Apple products at one of the company's stores in 2013 was not allergic to nickel. PATRICK KOVARIK/AFP/GETTY IMAGES FILE

Nickel allergy

This photo shows a rash on an unidentified boy, 11, from a nickel allergy. AMERICAN ACADEMY OF PEDIATRICS/THE ASSOCIATED PRESS

Case reports in medical journals detail nickel allergies from personal electronic devices, including laptops and cellphones.

OMG! Price of cellphone service down ... but only for full-package deals

The price of basic wireless phone service in Canada has gone up 16 per cent since last year, but packages with more features have held steady or gone down, according to an annual study commissioned by Industry Canada and the CRTC.

Industry Minister James Moore said the report's findings show that average wireless prices have come down 22 per cent since 2008 and smartphone plans have fallen even further, with newer carriers substantially less expensive than the bigger, older carriers.

"We are encouraged by the findings revealed in today's independent report, which confirm that our policies for more choice and lower prices are working to support Canadian families," Moore said in a statement after the report was released Monday.

THE CANADIAN PRESS

My, how times change. A text message is sent on a cellphone in 2010 in Montreal. THE CANADIAN PRESS

Great Recession in U.S.

Citigroup agrees to $7B settlement over mortgages

Citigroup agreed Monday to pay $7 billion US to settle a federal investigation into its handling of risky subprime mortgages, admitting to a pattern of deception that U.S. Attorney General Eric Holder said "shattered lives" and contributed to the worst financial crisis in decades.

The settlement represents a moment of reckoning for Citigroup, which will now be responsible for providing financial support to Americans whose lives were dismantled by the largest economic meltdown since the Great Depression.

THE ASSOCIATED PRESS

Samsung breaks with supplier over allegations of child labour

Samsung Electronics Co. said it has suspended business ties with a Chinese supplier that allegedly hired children.

The South Korean company, which is the world's biggest smartphone maker, said on its blog Monday that it had found possible evidence of child labour and illegal hiring at Dongguan Shinyang Electronics Co.

Samsung said last week it would urgently look into the Chinese supplier following a New York-based watchdog's report that it hired at least five children under the age of 16.

China Labor Watch said children as well as minors under 18 worked at Shinyang for three to six months to meet production targets during a period of high demand. The watchdog said the child workers were paid for 10 hours a day but worked 11 hours.

The report detailed 15 labour violations discovered during its undercover investigation.

They included child labour, the absence of safety training, no overtime wages and no social insurance for temporary workers, who constituted at least 40 per cent of 1,200 employees at the Chinese cellphone parts supplier for Samsung.

China Labor Watch's report came shortly after Samsung said its audit found no child labour at hundreds of Chinese suppliers.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 93.33¢ (+0.17¢)

TSX 15,171.23 (+45.73)

OIL $100.91 US (+$0.08)

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U.S. Customs seizes 67 giant African snails

U.S. Customs and Border Protection (CBP) inspectors at Los Angeles International Airport seized 67 live giant African snails, considered a popular delicacy across West Africa.

The snails, which are prohibited in the U.S., arrived from Nigeria and were being sent to a person in California, said Lee Harty, a spokeswoman for the customs agency.

Officials said the mollusks are among the largest land snails in the world and can grow to be up to 20 centimetres long. They are native to Africa and can live for up to 10 years. The pricey snails can cost $50 US to feed a dinner party of six in Lagos, Nigeria.

The U.S. Department of Agriculture incinerated the snails after they were inspected, Harty said. Officials said the snails are prohibited in the U.S. because they can carry parasites that are harmful to humans, including one that can lead to meningitis.

A single snail from an air cargo shipment of 67 live snails that arrived at Los Angeles International Airport on July 1.
GREG BARTMAN/USDA/THE ASSOCIATED PRESS

The snails are also agricultural pests, said Maveeda Mirza, the CBP program manager for agriculture.

"These snails are seriously harmful to local plants because they will eat any kind of crop they can get to," Mirza said.

The person who the snails were destined for is not expected to face any penalties, Mirza said. She said authorities are investigating why one person would want so many snails.

"We're investigating what happened, but it doesn't seem like there was smuggling involved," she said.

Although the agency has found one or two snails that may have accidentally gotten into a traveller's luggage in Los Angeles, this is the first time that they have confiscated the snails in such a large quantity, Mirza said. THE ASSOCIATED PRESS

Atlantic City

Casino revenue up 4% in June

Like a ship struggling to right itself, Atlantic City's casinos are trying to find balance amid a rapidly contracting and constantly changing gambling market.

On Monday, they got some unexpected good news, even if it might not last long. Not counting the Atlantic Club, which closed in January, the 11 casinos that operated in both 2014 and 2013 increased their revenue by nearly four per cent in June. Most of that improvement was due to the $9.5 million in Internet gambling winnings that did not exist a year ago.
THE ASSOCIATED PRESS

Bombardier

CSeries jets taking off with $1.5B in orders

Interest in Bombardier's new CSeries jets appears to be gaining momentum with the plane maker announcing 24 new orders valued at more than $1.5 billion US Monday, even though test flights have been halted and the aircraft grounded because of an engine problem.

Chinese company Zhejiang Loong Airlines, which began domestic service last year, has signed a letter of intent for 20 CS100 airliners that would be worth $1.28 billion US at list prices.
THE CANADIAN PRESS

Buy it now

EBay partnering with Sotheby's

EBay will soon feature auctions from the likes of Monet, Picasso and other masters through a new partnership with auction house Sotheby's.

The companies will offer a new live auction feature on eBay Inc.'s website and real-time bidding for Sotheby's auctions that are taking place at Sotheby's headquarters in New York. The move lets eBay's 145 million active users have more access to the high-end art and objects that Sotheby's auctions.

Financial terms were undisclosed.
THE ASSOCIATED PRESS

For the second time this week a U.S. financial agency has said that Canadian homes are overvalued.
PAUL SAKUMA/THE ASSOCIATED PRESS FILE

Canadian homes 20% overvalued: Fitch Ratings

Bubble or soft landing? Second U.S. financial agency sounds alarm on Canadian home prices

Fitch Ratings says Canada's real-estate market is as much as 20 per cent overpriced and cautions the government may need to take more measures to slow down borrowing on homes.

Fitch is the second U.S. financial agency to sound the alarm on Canadian home prices in the past week, with the Morningstar research firm predicting a 30 per cent correction was possible over the next few years.

The latest warning comes as the Teranet-National Bank composite house price index for June showed prices rose 0.9 per cent from May and were up 4.4 per cent from last year.

The year-to-year gain was the lowest in six months but still more than twice the underlying level of inflation in Canada and above income growth.

Prices were 8.1 per cent higher in Calgary compared with a year ago, while Hamilton saw increases of 7.3 per cent and Toronto and Vancouver climbed 6.1 per cent.

But several major markets showed a cooling trend. Prices in Ottawa-Gatineau fell 1.7 per cent compared with a year ago, Quebec City dropped 2.4 per cent and Halifax lost 2.5 per cent.

Whether Canada's home prices are due for a big fall has been a hotly debated topic in Canada for several years, but as yet predictions of a housing bubble about to burst have not materialized.

The majority of analysts, including the Bank of Canada, forecast a soft landing for housing, however, with price increases, sales and starts levelling off or decreasing only moderately. Still, analysts such as David Madani of Capital Economics warn the longer the correction is delayed, the steeper the fall will likely be. THE CANADIAN PRESS

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XXXS AIN'T NOTHIN' BUT VANITY

SHE SAYS

Jessica Napier
metronews.ca

They say that size is just a number. And when it comes to clothing sizes, we all know that number is often open to interpretation depending on the brand.

American retailer J. Crew made headlines last week after announcing it would start offering its preppy fashions in a new XXXS size — a numeric size 000. Yes, that's right: THREE ZEROS. According to the brand's global conversion chart, the new smaller-than-ever size is equivalent to a 32 in Italy, a 1 in Japan and a 0 in Australia and the U.K.

Confused yet?

The retailer has been accused of taking vanity sizing to preposterous new extremes with the triple-digit innovation. A spokesman for J. Crew claims they are simply trying to address the demands of their customers in Asia who require smaller sizes.

I understand that clothing manufactures need to create garments for men and women in a diverse variety of shapes and sizes. But if they're trying to accommodate the needs of petite consumers, wouldn't it make more sense to shift the existing sizes upwards?

Personally I find the whole trend toward unrealistic vanity sizing to be a bit patronizing. There's no need to make up new numbers and manipulate shoppers in order to sell us clothes. I mean, are women really dropping big dollars at certain stores just because they feel validated when they can squeeze into a size-nothing pencil skirt?

In my own closet I have dresses that range from size 2 to 10 and all of them fit me correctly. It's incredibly frustrating — not to mention an enormous waste of time — to haul three sizes into the fitting room every time I go shopping because I'm never sure if the store I'm in considers my body to be small, medium or large.

Why not categorize tops and bottoms based on their actual bust, waist and inseam measurements? Then again, experience has taught me that even labels with numerical inches don't measure up; size-28 jeans can vary drastically across different brands.

Large American chain stores seem to be the worst culprits when it comes to vanity sizing, while smaller boutiques and European retailers tend to list more accurate numbers that can sometimes feel like a rude awakening.

Establishing honest and standardized sizing regulations across all clothing retailers is a radical and impossible dream. Unfortunately, I think we're far more likely to see negative numbers and quadruple zeros in the future before we see big brands concede to a logical solution that would — gasp — force women to buy a larger size.

Feeling like a nothing

Are women really dropping big dollars at certain stores just because they feel validated when they can squeeze into a size-nothing pencil skirt?

NO SWAN LEFT BEHIND

A mute swan is measured before being released during the annual Swan Upping census on Monday on the River Thames, South West London. The swans and young cygnets are counted and assessed for any signs of injury or disease. DAN KITWOOD/GETTY IMAGES

Annual Swan Upping census takes place on River Thames

This year's Swan Upping, the annual census of the swan population on the River Thames in England, departed Sunbury on Monday and ends at Abingdon, Oxfordshire, on Friday.

The Royal Swan Uppers travel in traditional rowing skiffs collecting data, assessing the health of young cygnets and examining them for any injuries.

The five-day census dates back to the 12th century, when the Crown claimed ownership of all mute swans.

Today, the Crown retains the right to ownership of all unmarked mute swans in open water, but the Queen only exercises her ownership on certain stretches of the River Thames and its surrounding tributaries. According to the Queen's swan marker, the swan population has been down in recent years due to disease and flooding that washed away nests, eggs and young cygnets, but the numbers for this year's census are promising so far.

TELEGRAPH.CO.UK

Mmmm, swan

The census started back in the Middle Ages, when swans were considered a food source and were served up at elaborate banquets for dignitaries and other people of wealth.

- Today, of course, swans are no longer eaten, and the census is undertaken strictly for conservation and educational purposes.

METRO AUGMENTED REALITY

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MetroTube

Beach day takes bad turn

ANDREW FIFIELD
andrew.fifield@metronews.ca

There was some very strange summer weather in Russia's Ural region over the weekend.

In Chelyabinsk, which made headlines last year when an enormous meteor exploded in the sky above, temperatures dropped from more than 20 degrees to nearly zero on Saturday — an event capped off by a freak July snowstorm. More frightening, however, was this storm that crashed into Novosibirsk, Siberia. Overtaken by dark clouds, a Saturday of sun-soaked beach time quickly became a sandy, swirling mess that pelted people with painfully large hail as they fled for shelter. (YouTube)

NIKITA DUDNIK/THE ASSOCIATED PRESS

metro

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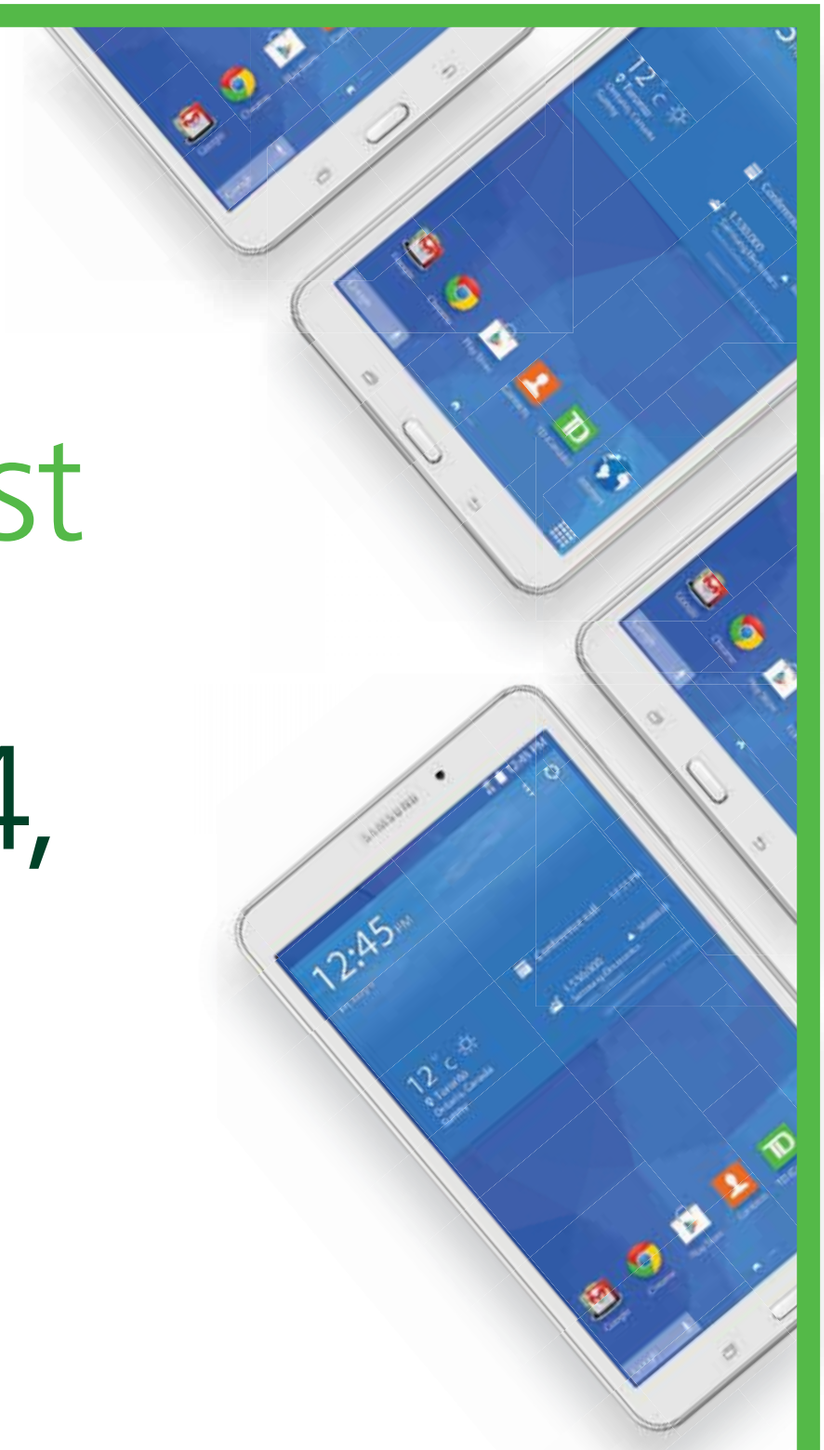

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SCENE 2

No end in sight for the Guided by Voices crew

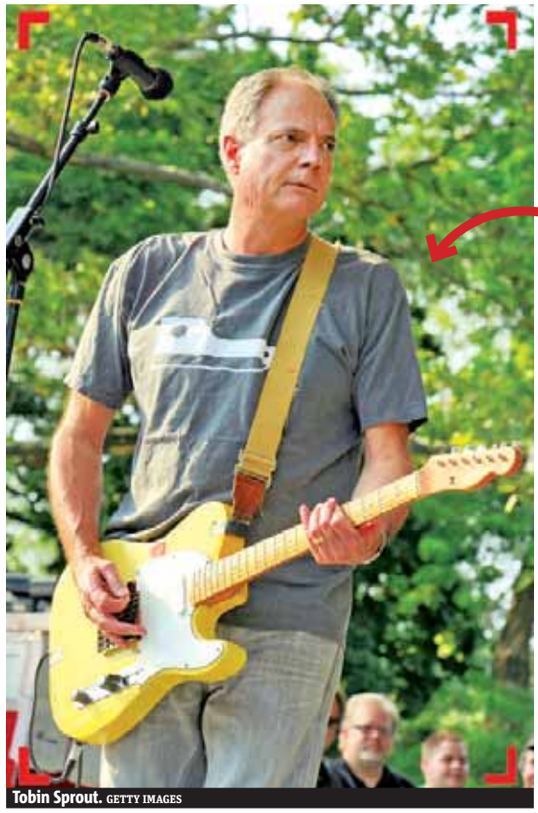
Back with a bang. Indie band has had a prolific few years as Tobin Sprout returns to the fold ... and there's no sign of stopping

PAT HEALY
Metro Boston

In the new Guided by Voices video for Bad Love Is Easy To Do, on the Funny or Die website, comedians Rob Corddry and Brian Huskey play a feuding version of the band's chief songwriters, Robert Pollard and Tobin Sprout, respectively. They look like a gentle 1960s folk duo modelled after Simon & Garfunkel and they fight like brothers.

The song is a burst of saccharine guitar pop worthy of the term "classic lineup" that is being used to describe the GBV that reformed in 2010. Since reforming the band has been recording at a prolific clip that rivals their peak years in their first incarnation, releasing six full-length albums and a whole bunch of singles and EPs in four years. So really, then, how are band relations?

"Things are going well," says Sprout, "we'll just go with that."


Tobin Sprout. GETTY IMAGES

It was just about 10 years ago that Bob announced with Half Smiles of the Decomposed that it was to be the last GBV album. Happily, he broke that promise, and when GBV re-formed, you were back in the fold. Do you think there is an end point to Guided by Voices?
There is no end point now. Working on the next GBV album. We plan to record in the fall. I also have a solo coming out called The Universe And Me. We are also seeing younger fans at the shows like 6 years old to 12 and 14, singing all the words! It's really something to see that, moms and dads holding their kids, singing together.

Did you ever go to GBV shows as a spectator during the years that you weren't in the band?
I saw pretty much every lineup. Mostly would see them when they played Grand Rapids.

When you did come back to GBV, what was the moment when you knew that it was the right thing to do?
I think it was the right thing to do when I left the band in '96 to be home with my family. It was hard to see GBV go on without me but I'm glad I got to see my kids grow up. It feels a bit like karma that it's gone full circle now, thanks in part to Matador (GBV's label during their formative years).

The most powerful visual for Robert Pollard's songwriting I've ever heard is that line about a suitcase with more than 1,000 songs in it. Have you ever seen the legendary suitcase?
I saw it a long time ago, pre-CDs, some were even on small reel to reel. I remember Bob had a recorder he borrowed from his school, it sounded really good. One mic one track.

While we're talking numbers, how many beers would you estimate that GBV has drank onstage over the years?
I have no idea! Too many to count.

AUGMENTED REALITY

→ If you haven't seen the Funny or Die video lampooning Guided by Voices, scan this photo using your Metro News app. Its full of laughs!

metro AR → See the full instructions on Metro's Voices page.

DVD review

The Raid 2

Director. Gareth Evans

Stars. Iko Uwais, Yayan Ruhian

In the original The Raid, action star Iko Uwais was a beacon of light shining from a dark tower. As good cop Rama, trapped in a Jakarta apartment building teeming with gangsters and corrupt police, he fought his way up one floor at a time. It was exhilarating to watch. By opening the action up to the entire city for the sequel, there's less claustrophobia and also less excitement. Writer/director Gareth Evans tries to compensate for this by having Rama pummel his way out of innumerable squeezes, including a prison toilet stall and a speeding car, but it just isn't the same. The decision to reduce the thrills while upping the gore was the wrong way to go. This once promising franchise may have announced its own epitaph in the words of one combatant: "I'm done." Extras include one deleted scene and several making-of featurettes.

PETER HOWELL

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

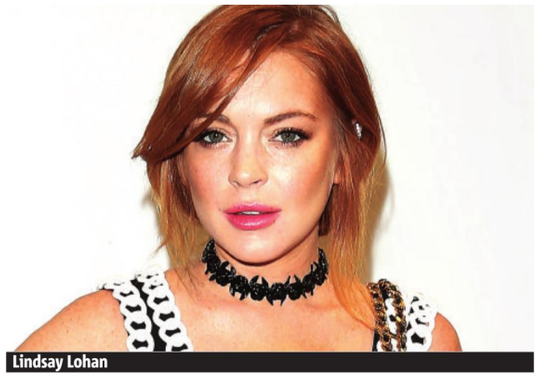
The Word

Heigl's perilous path toward a more pleasing public persona

NED EHRBAR
Metro World News in Hollywood

While presenting her new series, State of Affairs, to TV critics this week in Los Angeles, Katherine Heigl was asked point-blank about those pesky reports that she's "difficult to work with." Katie, don't do it! It's a trap! There is no good way to answer this! Oh drat, here we go: "I can only say that I don't see myself as being difficult and I don't intend to be difficult," she responded. "I think it's always important to everybody to conduct themselves professionally and respectfully and kindly. So if I have ever disappointed somebody, it was never intentional."

Here's the problem, Katie. All anyone takes away from that answer is, "I don't see myself as being difficult," which just makes you sound more difficult but also now a bit affronted. This kind of public image nightmare you've had going on for a while now is like quicksand. The more you struggle, the worse it gets. No matter what you say about your reputation for being difficult, it will only reinforce people's idea that you're difficult. I don't necessarily know what the answer is. Maybe you should be more of a klutz in public or get a new puppy or something. Or just, you know, stop talking.



Lindsay Lohan

Will a stage and a spotlight help us to take Lindsay seriously?

Lindsay Lohan just wants to be considered a serious actress, guys. Just after announcing her West End stage debut — in David Mamet's Speed the Plow — later this year, Lohan tells the BBC she wants to be taken more seriously. "People have certain perceptions of me. For a long time, people looked at me as kind of a celebrity, which is something I never wanted," she says, saying that she's turning to the London stage "so that people can focus on the fact that I'm in this industry because I'm an actress and an artist and not just someone you take photos of."

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LIFE

Caution: Dangerous curves ahead

Fitness. Two experts weigh in on obtaining the seemingly elusive hourglass figure

IZABELA SZYDLO
life@metronews.ca

Lyzabeth Lopez, personal trainer and owner of Hourglass Workout, performs a squat. WENDI SATIO

If abs are made in the kitchen, curves are carved out in the gym's weight training section.

And despite misconceptions that women will end up looking like Arnold Schwarzenegger if they lift weights, it is physically impossible to do naturally. "It will never happen accidentally," says Lyzabeth Lopez, award-winning personal trainer, holistic nutritionist and owner of Toronto-based fitness facility Hourglass Workout, which helps women attain the hourglass silhouette. "You need to be supplementing properly and training hard to gain a body builder's physique."

Your approach to curves will, however, depend on whether you are slim and wish to gain curves or are curvy and wish to accentuate your curves.

Creating Curves

Lynn Calmeira is a certified personal trainer, TRX suspension training team coach and boot camp instructor in Ajax, Ont.

She says slim women wanting curves must be prepared to get off the treadmill. "You can do cardio like a hamster on a wheel but unless you lift, your body will never be shapely," she says.

She recommends a 10-minute warm-up; weight lifting with an alternating focus on the upper or lower body for each session, and 20 minutes of high intensity interval training to finish. Add to that formula "periodization" and patience, and you will see results, she insists.

"Periodization means you take a month to go into a build phase," Calmeira explains, "during which you lift a little bit heavier and do fewer repetitions. After that month, you lower the weight and increase your reps to chisel that muscle you built. First you're building, then you're shaping."

Among her favourite curve-creating workouts, Calmeira includes power moves such as squats and dead lifts. "It is hard for women to gain curves, so when you decide to do it, it's just lift, eat clean, lift, eat clean," she sums up.

Accentuating Curves

If you have Kim Kardashian curves hiding under a layer of fat, there is no reason to build (or "bulk"). Instead, you want to take off fat while sculpting the muscle underneath.

Lopez, who also offers an online program called Train with Lyzabeth, explains, "You can't just say keep (the fat) here, go away there. Instead, you focus on isolated and compound movements, especially for your glutes. You go heavy enough and you do enough sets to make sure the muscles are growing. So, everywhere is getting slimmer but your bum is staying the same size, making it look bigger and giving you the hourglass silhouette."

Developing your glutes may not mean doing heavy squats either. If you have thick thighs and want them to get thicker alongside your butt, heavy squats are for you. If, however, you want lean legs and a round bum, Lopez recommends a different approach. "We do Pilates in class, which gives a lean, long look to the leg. Then we do isolated glute movements and work the posterior chain."

Among effective exercises for curvy women, Lopez lists lunges (she rotates 20 types), plyometric movements (box jumps) and heavy moves (dead lifts, cable glute kickbacks).

Be wary, Lopez cautions, of reversing your progress during cardio. She says running without an incline on a treadmill will flatten you booty. Instead, she and Calmeira agree that the stair climber is a great form of cardio because, in addition to training your heart, it works the thighs and glutes.

Health risks of keeping baby weight

Women who don't lose all their "baby weight" within the first year after giving birth could be setting themselves up for diabetes, heart disease or a stroke later in life, new research suggests.

In a study published recently in the journal Diabetes Care, Toronto researchers found women who maintained excess pounds between three and 12 months postpartum had elevated risk factors for diabetes and cardiovascular disease.

"What we saw here was the women who didn't lose weight had higher blood pressure, higher levels of bad cholesterol, greater resistance to insulin and lower levels of a particular hormone that is believed to be protective against diabetes and heart disease," said principal researcher Dr. Ravi Retnakaran.

"The adverse consequences of retaining excess weight from your pregnancy may develop a lot earlier than we expected, within the first year," said Retnakaran, an endocrinologist at Mount Sinai Hospital.

To conduct the study, researchers monitored 305 obstetrical patients throughout pregnancy and during the year following delivery.

About three-quarters of the women lost at least some of their baby weight at the one-year point. Tests at three and 12 months postpartum showed their cholesterol, blood pressure and other cardiometabolic measures were at healthy levels. But one-quarter of women who did not trim pregnancy weight showed elevated levels at 12 months' postpartum, which had not been present at the three-month mark.

"They're not that old. They're very healthy," said Retnakaran, adding that subtle changes in their blood pressure and other measures may not immediately raise a red flag for doctors. "The levels in young women at risk in whom these risk factors are going to be relevant to their potential, ultimate development of heart disease, those levels when they're 25, 26 are not going to be the kind of levels that are going to cause their physician to take notice," he said.

"But you give them those levels compared to their peers and exposure for 20 years and you've got diabetes and heart disease." THE CANADIAN PRESS

Failure to shed baby weight could put women at a risk of diabetes. ISTOCK

Health Solutions

Prepare for nutritional lift-off with this healthy rocket

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Arugula is one of the most versatile greens in the produce aisle.

It is frequently used in both hot and cold dishes at Ste. Anne's Spa in Grafton, Ont., where fresh and nourishing is a key priority.

Chef Christopher Mark says the secret to spa food is "to serve small portions of highly nourishing food with intense flavours throughout the day."

The idea being that high-nutrient, delicious food sustains and supports all that cleansing and resting we so desperately need.

Arugula is sometimes called rocket for its shape and zippy taste and there are loads of ways to work it in:

- Top a pizza just as it comes out of the oven
- Stir into any soup at the last minute
- Use alone or as a mix in salads
- Add to grain side dishes to stretch the carbs and add flavour
- Use as a fresh herb to top pasta dishes
- Add a handful to smoothies in place of spinach or kale

What all dark leafy greens have in common is fibre, vitamin K and A. But they also serve up more eye-protecting zeaxanthin and lutein than carrots.

Bugs Bunny would probably have looked funny carrying around a handful of arugula, though; best he stuck with carrots.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Shrimp make splash in quinoa, arugula and asparagus salad

Salad Spotlight. Metro's week of lightening your plate continues with the perfect hint of seafood

THERESA ALBERT
myfriendinfood.com

Shrimp is one of the quickest weeknight meals around, and the quinoa salad that goes with it here is perfectly complemented by sweet quinoa and peppery arugula.

1. Add balsamic vinegar to a small pot and begin to reduce over medium heat. After about 5 mins., the vinegar will take on a syrup consistency. When it does, add honey and raspberries. Mix and let simmer until raspberries have cooked and broken down for 5 minutes.

2. Bring 3 cups of water to a boil, drop asparagus pieces into pot to blanch for 2 minutes. Remove with a slotted spoon. Place quinoa into same pot and bring to a boil; reduce to a simmer for approximately 15 mins. Season with salt and pepper. Stir in raspberry compote and cooked asparagus.

3. Wash baby arugula and let air dry on top of a clean kitchen cloth or paper towel.

4. Preheat a pan over medium heat for approximately 1-2 minutes. Add a dollop of butter to the pan and place shrimp in. Lightly season with salt and pepper. Flip sides after 2 mins. and cook for another 2 mins.

5. Place 1 1/2 cup baby arugula on each plate followed by some quinoa mixture, bell peppers, tomatoes and shrimp.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

Raspberry and Balsamic Compote
- 1/2 cup balsamic vinegar
- 1 tbsp honey
- 1 pint fresh raspberries

Quinoa and Asparagus Salad
- 3 cups water
- Bunch (1/2 lb) garden asparagus, trimmed and cut into 2-inch pieces
- 1 cup red quinoa
- 6 cups arugula (1 1/2 per person)
- Dollop of butter
- 1 lb black tiger shrimp, peeled and deveined (thawed if frozen)
- Salt and pepper, to taste
- 2 yellow bell peppers, sliced
- 1 cup grape tomatoes

Pan-seared Shrimp, Quinoa, Baby Arugula Garden Asparagus Salad with Raspberry and Balsamic Compote serves four. THERESA ALBERT

A spotlight-stealing barbecue sauce

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. In saucepan over medium-high, bring water to boil. Add couscous and 1 tsp salt. Stir, cover and reduce heat to simmer. Cook 10 mins, or until the couscous is plumped and tender and all of water is absorbed. When couscous is done, transfer to bowl. Set in refrigerator to cool for about 15 mins.

2. Once couscous cools, add cucumber, onion, garlic and cilantro. Toss then drizzle with olive oil and lemon juice. Toss, season with salt and divide between 6 serving plates.

3. Coat grill grates with oil or cooking spray, then heat the grill to medium-high.

4. Thread shrimp onto bamboo skewers, 7 shrimp per skewer. Use pastry brush to lightly baste shrimp with half of the barbecue sauce. Grill shrimp 3 minutes per side, or until just pink and firm. Set skewers of shrimp over each serving of couscous. Sprinkle each serving with feta cheese.

Maple-Bourbon Sauce

1. In saucepan over medium-high, whisk all ingredients. Bring to simmer, then lower the heat to just maintain a gentle simmer. Cook until thickened and reduced by half, about 20 mins.

THE ASSOCIATED PRESS

Ingredients

- 2 1/2 cups water
- 12 oz pearl couscous
- Kosher salt
- 1 English cucumber, diced
- 1/2 small red onion, minced
- 2 cloves garlic, minced
- 3 tbsp chopped fresh cilantro
- 1 tbsp olive oil
- Juice of 1 lemon
- 2 lb jumbo raw shrimp, peeled
- 1/2 cup sauce (see recipe below)
- 4 oz crumbled feta cheese

Maple-Bourbon Barbecue Sauce
- 6-oz can tomato paste
- 1 cup bourbon
- 1/2 cup each cider vinegar, packed brown sugar, maple syrup
- 1/4 cup soy sauce
- 2 tbsp each molasses, Worcestershire sauce, Frank's Red Hot sauce
- 2 tbsp each smoked paprika, garlic powder, onion powder
- 1 tsp each ground cumin and mustard powder

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Prospect an example of hockey's growth

Thatcher Demko. Recent Canucks draft pick grew up playing goalie in San Diego

CAM TUCKER
cam.tucker@metronews.ca

Thatcher Demko pulls on a Canucks jersey after being selected in the NHL Draft on June 28 in Philadelphia. BRUCE BENNETT/GETTY IMAGES

When it came to stopping pucks, Thatcher Demko was always an eager participant during his minor hockey days.

Growing up in San Diego, California, Demko says he began playing hockey right around four or five years old, and his history as a goalie can be traced almost right back to that time.

"When you're younger, they rotate goalies every week. So I was always raising my hand, volunteering," said the 18-year-old Demko last week.

"I don't think I stuck with goalie until I was about 10."

Demko is now a prospect of the Vancouver Canucks, selected in the second round of last month's NHL Draft.

He entered the draft in Philadelphia as the top-ranked North American goaltender, after a standout season at Boston College, a team he helped take to the NCAA Frozen Four.

There has been increasing growth in the game of hockey in California, and with that, a growing number of prospects looking to eventually step into the NHL, or who are already there.

As an NHL.com article in January pointed out, Emerson Etem of the Anaheim Ducks and Beau Bennett of the Pittsburgh Penguins are among California-born players making careers in the big league.

"It's definitely getting bigger," said Demko.

"With the Kings winning the Stanley Cup (in 2012 and 2014) and the Ducks winning the cup (in 2007) and just the success the California teams have been having, it's just getting bigger. More kids are wanting to play."

Academically, Demko said he's leaning right now to a major in psychology and a minor in philosophy.

"For me, if hockey doesn't work out, I want to become a coach and understanding a little better how the child's mind works; you can … get through to kids when you're trying to teach them and coach them," he said.

Demko will return to Boston College for his sophomore season, and could be in the running to play for the U.S. national junior team in the 2015 World Junior tournament.

The Canucks right now are set at the position, with Ryan Miller signed to a three-year, $18-million contract and Eddie Lack about to begin his two-year contract worth $2.3 million.

Max Pentecost

Highly touted Jays prospect expected to join Canadians

Max Pentecost is expected to arrive in Vancouver on Tuesday, and Canadians' manager John Schneider will not waste time getting the highly touted prospect some playing time.

The Toronto Blue Jays selected the 21-year-old Pentecost, a catcher out of Kennesaw State University in Georgia, 11th overall in this year's MLB Draft.

He's travelling from Minnesota, where the MLB all-star game is taking place, after being named the Johnny Bench Award winner as the top collegiate catcher. In Vancouver, he'll become familiar with Nat Bailey Stadium, where the short-season single-A Canadians will play the second game of a five-game series against the Eugene Emeralds on Tuesday.

"We'll ease him in a little bit and be aware of how much he's doing, but looking forward to seeing him," said Schneider prior to Monday's game.

For Schneider, the opportunity to work with and help mentor a younger catcher is one he especially looks forward to.

"Can't wait," said Schneider. "Not just on the physical part of your game but the mental part of it.

"At this level, the biggest thing is knowing his own pitching staff, so that may take a little bit of time to get used to.

"Not only what their strengths and weakness are but just their stuff — how the balls moves. It'll be learning on the fly as he goes." CAM TUCKER/METRO

2014 World Cup memories

The Germans hoist the World Cup trophy on Sunday night in Rio de Janeiro. Scan the image with the Metro News app for a recap of the top moments from the last month in Brazil. FABRIZIO BENSCH/GETTY IMAGES

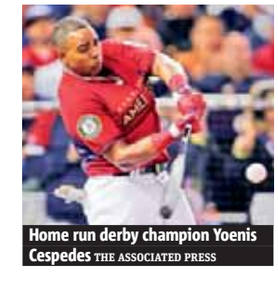
Back-to-back jacks. A's Cespedes repeats as home run derby champion

Oakland's Yoenis Cespedes became the first repeat winner of the all-star home run derby in 15 years, powering his way past Cincinnati's Todd Frazier by a whopping 9-1 in the final round Monday night.

Ken Griffey Jr. took the title in 1998 and 1999.

With a serious, determined look on his face the whole time, Cespedes finished with 28 homers. That was four fewer than last year, when he beat Washington's Bryce Harper 9-8 in the final round.

Cespedes saved his best for last, a 452-foot blast to the third deck above left field that officially measured as the longest of the night.



Home run derby champion Yoenis Cespedes THE ASSOCIATED PRESS

Athletics third base coach Mike Gallego again pitched to Cespedes, who went deep 32 times in last year's derby at Citi Field in New York. Gallego's arm looked nearly out of gas by the final round, which started after 10:30 p.m. local time.

Jose Bautista, the AL captain who smashed 10 homers in the opening round, has 11 home runs in 14 regular-season games at Target Field, the most by any visiting player. That's only one fewer than Twins cornerstone Joe Mauer, who has played 284 career games at Target Field.

THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Certain people have been difficult to deal with of late and the situation is unlikely to improve until the end of the week. Stay calm. Everything moves in cycles.

♉ Taurus
April 21 - May 21
The more others try to persuade you there is nothing to worry about the more you wonder what they are trying to hide. The planets suggest you need to be careful.

♊ Gemini
May 22 - June 21
Even if your current situation is not as good as you would like it to be it won't be long before it improves, so don't be so pessimistic.

♋ Cancer
June 22 - July 23
You know what needs to be done – now all you have to do is do it. If you don't act now a golden opportunity will pass you by.

♌ Leo
July 24 - Aug. 23
Stop worrying about all the things that could go wrong in your life and start looking forward to all the things that will surely go right.

♍ Virgo
Aug. 24 - Sept. 23
Take care when dealing with money matters and business issues. Whatever else you do or don't do today don't let anyone make important financial decisions for you.

♎ Libra
Sept. 24 - Oct. 23
Your situation is not as bad as you think and what happens over the next week will prove it. Make a conscious effort to look on the bright side.

♏ Scorpio
Oct. 24 - Nov. 22
It might be wise to keep some of your more outrageous opinions to yourself over the next 24 hours. Not everyone shares your ability to see what is really going on in the world.

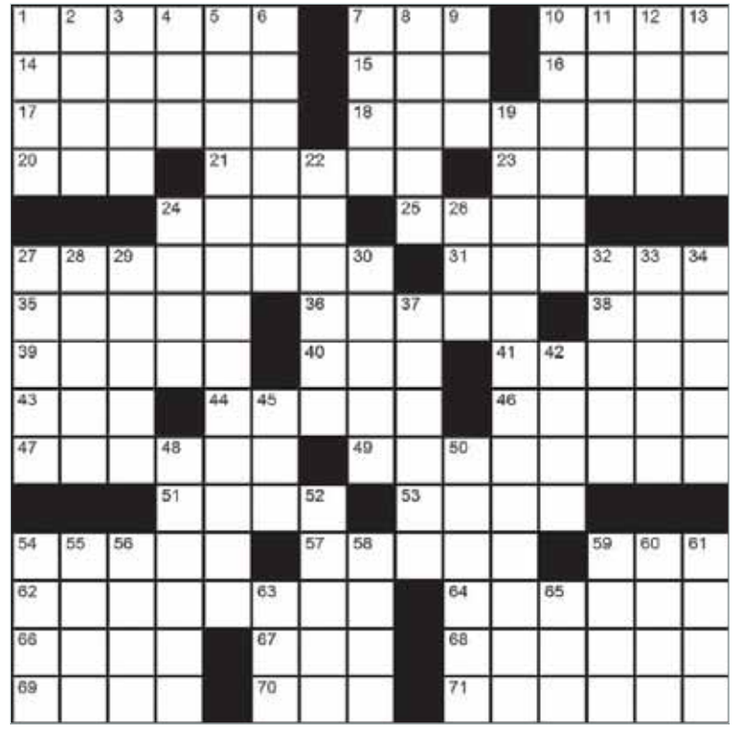
♐ Sagittarius
Nov. 23 - Dec. 21
Someone seems to believe that you are an easy touch. Are they in for a shock! It's time to be a bit more miserly, both with your affections and your money.

♑ Capricorn
Dec. 22 - Jan. 20
Don't feel bad if life seems to be rather low key just now. Things are sure to pick up as the week progresses Be patient and wait for your chance to shine.

♒ Aquarius
Jan. 21 - Feb. 19
What you say and do over the next 24 hours will remind certain individuals you are not eager to conform. They won't take you for granted again!

♓ Pisces
Feb. 20 - March 20
All things are possible if you believe in yourself. Keep that thought in mind today and you might just accomplish something out of the ordinary.

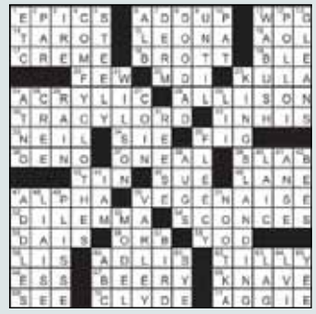
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Nickname of Ryan Reynolds' first actress wife
7. Kilos opposites
10. Invitee's official 'yes'
14. Particular planet
15. Battery size
16. Vitality [abbr.]
17. Quagmire
18. The __ __ (1945 novel by Gabrielle Roy)
20. Crime-fighting force in Ontario
21. Microwave device
23. Scheming Shakespeare roles
24. Questionable
25. Adroit
27. Cathedral's frightful spout
31. Prefix to 'scope' (Doctor's instrument)
35. "I'll have _ __." (Bar order)
36. Love Story author Mr. Segal
38. Conger __
39. Oyster jewel
40. Human with a habit?
41. Sticks
43. "Lucky Man" gr.
44. Skillful
46. Purpose
47. Fireman's forte
49. "Surfin' Bird" by The __
51. Prefix to 'culture'
53. Jim Davis dog
54. "SCTV" character Ms. Prickley
57. "Suddenly __"
59. Graduate's degree, e.g.
62. Saskatchewan village, seemingly a gardener's delight
64. Frozen sweet treat
66. "..._ __ take arms against a sea of troubles..." - Hamlet
67. Comedian Mr. Sparks
68. "The Jeffersons" star Ms. Sanford
69. Tailoring line
70. "__ La La" by Manfred Mann
71. Lake Ontario city

Down
1. __ wrestler
2. Farmer's yield
3. U.S. 50+ org.
4. Cellular stuff
5. Montreal comedy festival: 3 wds.
6. Harden into bone
7. Behind
8. John __, Canada's Foreign Affairs Minister
9. __ Antonio, Texas
10. Empathize
11. Close-fitting
12. Nix
13. Top exec.
19. 1970 novel by Robertson Davies: 2 wds.
22. Montreal-born actress, __ Dinh-Robic
24. Bob __, Disney CEO
26. Techie bailout key
27. Visibly starstruck person
28. White poplar tree
29. Harvests
30. Combust
32. ___ _ (Coffee break time)
33. Foliaged fence
34. Actress Elizabeth
37. Puny prefaces
42. "This __ __..." (Man's phone reply)
45. __ Spiegel (German news magazine)
48. Feline's world, say
50. Leisurely music tempo
52. Basketball great Mr. Thomas
54. Some are inflated
55. __, __, mi, fa...
56. Speck
58. "The Producers" (2005) role
59. The Who's "__ O'Riley"
60. Goulash
61. Pop
63. Canadian actress Sandra, and surnamesakes
65. __-di-dah

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

6	1		4				2	9
7	2		8		1	3		
		3			6			8
1						8	5	
5			7		2			3
	7	4						6
2			1			9		
		5	9		4		7	1
9	6				7		8	2

Yesterday's Sudoku

8	5	7	9	3	2	1	6	4
9	2	4	6	8	1	3	7	5
1	6	3	4	5	7	2	8	9
6	4	1	2	9	8	5	3	7
5	8	2	7	6	3	9	4	1
3	7	9	5	1	4	6	2	8
2	1	8	3	7	5	4	9	6
7	3	6	1	4	9	8	5	2
4	9	5	8	2	6	7	1	3

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